

What Is Expected

You found your way to Alcoholics Anonymous.

Congratulations

You may be here for the first time, or you may be returning. Either way, you never have to pick up a drink again.

What Is Expected

Go to meetings. Meetings are where you will make contact with the fellowship, find out what we mean by Big Book and other references, get phone numbers, and discover how you fit into the AA fellowship.

Don't Drink Between Meetings

Do NOT pick up a drink between meetings. If you do not take a drink, you cannot get drunk. If you think you might drink put it off for 15 minutes, then another 15 minutes, and so on until you can get to a meeting. Use the phone to call someone before you take a drink - after you take a drink there is nothing they can do to help.

Get a Big Book

The Big Book is the book of Alcoholics Anonymous. Copies are available for sale in almost every meeting. You can get copies in used bookstores, or even the public library. We recommend you become familiar with the first 181 pages (164 basic pages plus Dr. Bob's story at the beginning of personal stories).

Go to Several Big Book Study Meetings

Big Book Studies will read a portion of the book as a group and discuss its meaning. The Program is found in the Big Book and these study meetings will help you far more than reading the book by yourself.

Get a Home Group

When you have been to some meetings, it is suggested that you find a Home Group. That is a group you attend regularly and get to know people (and be known).

Get phone numbers. Some people will offer you their phone numbers - use them. There is nothing magic about having a list of numbers in your pocket. Calling someone to ask what meetings they would recommend, when they said something that specifically addresses a problem you are having, or before you take a drink. Use phone numbers.

Get a Sponsor

A sponsor is someone who is ahead of you in the Program who can get to know your story, share their story, and show you how to work the Steps.

Do Service

The meetings exist because people volunteer to set up the tables, make coffee, set out the literature, greet people at the door, or clean up after the meeting. This kind of service can help

you feel a part of the meeting and gives you the opportunity to talk with people casually.

There is an unofficial suggestion of 90 meetings in 90 days. Part of the reason is the commitment gives you a real chance to understand what we

offer, the different types of meetings, and enough time detoxifying your body to be able to have a clear enough mind to answer the question: "Am I an Alcoholic?"